



Conscious Existence

April 5th, 2000 - Las Angeles, CA, USA

#LA0955

Where there is fear there cannot be love. A person who is afraid is a handicapped person. When counseling people, I already know they love each other in fear. They wanted security, not love. Your fantasy, imagination and your molding of yourself are totally based on non-reality. Why do you start a sequence for which you are not willing to pay the consequences? Life is very precious. It can give you elevation in longitude and latitude and a positive attitude. Our basic faculty of projection comes from our insecurity. What is the purpose of becoming successful and having a lot of money? If you have not found yourself, the Age of Aquarius is going to hit hard.

Married women think that they can manipulate men. Men do not talk. They do not listen, either. That is men's nature. The less you talk to them, the better control you can have. God made men and women totally different so that they can find each other at depth—without fear, imagination and fantasy. There is one way everybody can survive—elevate yourself, go higher. Do not put a price on him or her. Do not let this world judge you. Look into each other's eyes—see how bogus you are. Hold each other's hand and see how much warmth you can exchange. Talk to each other and see how much tolerance you have. Humans have pure depth. It is the purity of the human, the touch and flow which eats up the falsehood of the surroundings.

The most important thing in this world is you. The perfect God could not have made you better than He made you. If you are terribly obnoxious, you want to pretend you are not, but that is the way you are—accept it. Being real—being what you are—that is called conscious existence. If you are very miserable and you accept your misery, it will disappear. Your misery, your tragedy, is not yourself—it is your doubting self. The moment you hold yourself with confidence it shall go, it has to go—there is no other way. All you have in life, with which you live and exist, is not that precious if you have not found your inner preciousness. You can develop your physical, mental, and spiritual aspects. But what about you, the one who oversees these three? You are the one who gears your spirit, the one who controls your mind, the one who directs your physical. You are very important.

Understand the subtlety of life, of divinity, dignity and grace. Stand before a mirror and dress up to look graceful to yourself—there will be no problem in your life. When you interact with anyone just tell yourself, "I am graceful and I have to be graceful." Grace is the power which will make you rich, powerful and pleasant. If your angle is right, you are right. If your angle is wrong, you are wrong. In your route and routine you have to see that your angle is correct and that your grace is maintained—by you, not by anybody else. As we cross into the Age of Aquarius we have to be different people—hardy, courageous. We have to learn to walk tall, to maintain ourselves.

MEDITATION - Open up the Newness in You

1. Sit straight in a cross-legged position. Raise both hands at shoulder level, with the elbows relaxed down. Point the index and middle fingers up and use the thumb to hold down the other two. Eyes are closed. Rhythmically spread the index and middle fingers open and closed. Continue for 11 minutes.
2. Do not stop the movement. Form an "o" with the mouth and breathe powerfully through it, pumping the navel in rhythm with the breath. Continue for 2 1/2 minutes. To end, inhale deeply, hold, and pull the navel towards the spine. Cannon Fire Exhale. Repeat 2 more times. Relax.

When Jupiter (index finger) and Saturn (middle finger) meet the frequency of the psyche, the subconscious thoughts you have against yourself will float away. Anytime, anywhere you do this exercise it will be sufficient to open up the newness in you. After 5 minutes you will be a different person.